

# Cowboy Caviar

Submitted by Keith Hall

## Ingredients

1 16oz can of black-eyed peas, black beans and kidney beans, drained and rinsed	3 canned or fresh jalapeno chiles, chopped
1 bunch scallions, thinly sliced, green part only	1 firm, ripe, tomato, chopped
1 can whole kernel corn	½ cup olive oil
1 Tbsp fresh oregano	¼ cup red wine vinegar
1 Tbsp Tabasco chipotle sauce	1 each orange, red, & yellow bell pepper, finely chopped
1 Tbsp Worcestershire sauce	3 cloves fresh garlic, pressed or minced
1 tsp black pepper	¼ tsp cumin
½ bunch cilantro, chopped	1 lime, zest and juice only

Amount Per Serving	
Calories	123.8
Total Fat	5.8 g
Saturated Fat	1 g
Polyunsaturated Fat	2.6 g
Monounsaturated Fat	1.6 g
Cholesterol	0 mg
Sodium	69.9 mg
Total Carbohydrate	15.9 g
Dietary Fiber	3.3 g
Sugars	3.1 g
Protein	3 g